



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

ROMAN ROMERO-ORTUNO

Professional Qualifications

Qualification	Institution	Degree	Subject	Year Conferred
Certificate of Satisfactory Completion of Specialist Training	Irish Committee on Higher Medical Training	CSCST	Geriatric Medicine and General Internal Medicine	2014
Specialty Certificate	Royal Colleges of Physicians of the United Kingdom	Specialty Certificate	Geriatric Medicine	2013
Doctor of Philosophy	Trinity College Dublin	PhD	Medical Gerontology (Orthostatic Hypotension as a marker of Frailty in older people)	2011
Membership of the Royal Colleges of Physicians of the United Kingdom	Federation of Royal Colleges of Physicians of the United Kingdom	MRCP(UK)	Medicine	2006
Master of Science	The London School of Economics and Political Science, University of London	MSc	European Social Policy	2003
Licentiate in Medicine	Faculty of Medicine, University of Barcelona	Lic Med	Medicine	2002
Degree of Music Teacher	Conservatory of Barcelona		Piano and Music Theory	2002

Honorary Degrees, Awards & Distinctions

Award	Year
Fellowship of Trinity College Dublin	2023
Master in Arts (jure officii), Trinity College Dublin	2022
President of Ireland Future Research Leaders Award https://www.sfi.ie/research-news/news/president-higgins-honours/ https://www.tcd.ie/news_events/articles/president-of-ireland-honours-four-trinity-researchers/	2018
Count of Cartagena Award of the Royal National Academy of Medicine of Spain https://www.ranm.es/sesiones-y-actos/archivosesiones/2018/4206-solemne-sesion-inaugural-del-curso-academico-2018.html	2017
University of Cambridge Senior Clinical Tutor	2016
First Prize (best scientific communication) at the Annual Congress of the Catalan Society of Geriatrics and Gerontology https://twitter.com/DrMqAgMas/status/789482580374609921	2016
British Geriatrics Society Rising Star Award https://www.bgs.org.uk/blog/bgs-rising-star-award-roman-romero-ortuno	2015
Elizabeth Brown Prize of the British Geriatrics Society https://www.bgs.org.uk/about/what-we-do/awards-and-lectures	2010
Irish Healthcare Award for Best Use of Information Technology https://www.tcd.ie/news_events/articles/the-technology-research-for-independent-living-clinic-wins-irish-healthcare-award/	2008
First prize (best oral communication) at the Irish Gerontological Society Annual Scientific Meeting	2008
Loch Exhibition, University of London	2003
Trainee Prize, Royal Society of Medicine (Geriatrics and Gerontology Section)	2008
Titmuss Examination Prize (Department of Social Policy, London School of Economics and Political Science)	2003

Professional Memberships

Details	From	To
Neuroscience Ireland Council	2022	ongoing
European Union of Medical Specialists (UEMS) – Geriatric Medicine Section (Board Member)	2021	ongoing
Royal College of Physicians of Ireland (Professional Competence Scheme)	2018	ongoing
Irish Society of Physicians in Geriatric Medicine	2018	ongoing
Spanish Society of Geriatrics and Gerontology	2012	2018
Irish Gerontological Society	2007	ongoing
British Geriatrics Society	2006	2018
Royal College of Physicians of London	2006	2018

Career to Date

Position Held	Where	From	To
Professor in Medical Gerontology and Consultant Physician	Trinity College Dublin and St James's Hospital, Dublin, Ireland	2018	ongoing
Honorary Visiting Fellow	Clinical Gerontology Unit, Department of Public Health and Primary Care, University of Cambridge, UK	2014	2020
Consultant in Care of the Elderly	Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Cambridge, UK	2014	2018
Specialist Registrar in Geriatric & General Internal Medicine (Year 5 out of 5). National Training Number: IRL/011/082, South Dublin training scheme	Tallaght University Hospital, Dublin, Ireland	2013	2014
Specialist Registrar in Geriatric & General Internal Medicine (Year 4 out of 5)	St Vincent's University Hospital, Dublin, Ireland	2012	2013
Specialist Registrar in Geriatric & General Internal Medicine (Year 3 out of 5)	St James's Hospital, Dublin, Ireland	2011	2012
Specialist Registrar in Geriatric & General Internal Medicine (Year 2 out of 5)	St Vincent's University Hospital, Dublin, Ireland	2010	2011
Specialist Registrar in Geriatric & General Internal Medicine (Year 1 out of 5)	St James's Hospital, Dublin, Ireland	2009	2010
Specialist Registrar (Research)	Trinity College Dublin (Technology Research for Independent Living Centre), Dublin, Ireland	2007	2009
Senior House Officer	St Mary's Hospital, London, UK	2006	2007
Senior House Officer	Royal Brompton Hospital, London, UK	2006	2006
Senior House Officer	West Middlesex University Hospital, London, UK	2004	2006
House Officer	Fairfield General Hospital, Greater Manchester, UK	2003	2004

Most relevant Peer-reviewed Scholarly Works


1. **Romero-Ortuno R**, Stuck AE, Masud T. [The giants of education in geriatric medicine and gerontology](#). Age Ageing. 2022 Feb 2;51(2).
2. Masud T, Ogliari G, Lunt E, Blundell A, Gordon AL, Roller-Wirnsberger R, Vassallo M, Mari D, Kotsani M, Singler K, **Romero-Ortuno R**, Cruz-Jentoft AJ, Stuck AE. [A scoping review of the changing landscape of geriatric medicine in undergraduate medical education: curricula, topics and teaching methods](#). Eur Geriatr Med. 2022 Jun;13(3):513-528.
3. Sezgin D, O'Donovan M, Woo J, Bandeen-Roche K, Liotta G, Fairhall N, Rodríguez-Laso A, Apóstolo J, Clarnette R, Holland C, Roller-Wirnsberger R, Illario M, Mañas LR, Vollenbroek-Hutten M, Doğu BB, Balci C, Pernas FO, Paul C, Ahern E, **Romero-Ortuno R**, Molloy W, Cooney MT, O'Shea D, Cooke J, Lang D, Hendry A, Kennelly S, Rockwood K, Clegg A, Liew A, O'Caomh R. [Early identification of frailty: Developing an international delphi consensus on pre-frailty](#). Arch Gerontol Geriatr. 2022 Mar-Apr;99:104586.
4. '[Frailty](#)', British Geriatrics Society *Silver Book II: Quality care for older people with urgent care needs*, Conroy S, Carpenter C, Banerjee J (Eds.), British Geriatrics Society (2021), [Clegg A, Rockwood K, **Romero-Ortuno R**, Cunningham C]
5. Thorpe O, McCabe E, Herrero EM, Doyle WO, Dillon A, Edge L, Flynn S, Mullen A, Davis A, Molamphy A, Kirwan A, Briggs R, Lavan AH, Shields D, McMahon G, Hennessy A, Kennedy U, Staunton P, Kidney E, Yeung SJ, Glynn D, Horgan F, Cunningham C, **Romero-Ortuno R**. [Scoring the Clinical Frailty Scale in the Emergency Department: The Home FIRsT Experience](#). J Frailty Sarcopenia Falls. 2022 Jun 1;7(2):95-100.
6. O'Shaughnessy Í, **Romero-Ortuno R**, Edge L, Dillon A, Flynn S, Briggs R, Shields D, McMahon G, Hennessy A, Kennedy U, Staunton P, McNamara R, Timmons S, Horgan F, Cunningham C. [Home FIRsT: interdisciplinary geriatric assessment and disposition outcomes in the Emergency Department](#). Eur J Intern Med. 2021 Mar;85:50-55.
7. Pickard S, Cluley V, Danely J, Laccelle H, Leon-Salas J, Vanhoutte B, **Romero-Ortuno R**. [New horizons in frailty: the contingent, the existential and the clinical](#). Age Ageing. 2019 Jul 1;48(4):466-471.
8. Dent E, Martin FC, Bergman H, Woo J, **Romero-Ortuno R**, Walston JD. [Management of frailty: opportunities, challenges, and future directions](#). Lancet. 2019 Oct 12;394(10206):1376-1386.
9. Moore G, Hartley P, **Romero-Ortuno R**. [Health and social factors associated with a delayed discharge amongst inpatients in acute geriatric wards: A retrospective observational study](#). Geriatr Gerontol Int. 2018 Apr;18(4):530-537.
10. Alabaf Sabbaghi S, De Souza D, Sarikonda P, Keevil VL, Wallis SJ, **Romero-Ortuno R**. [Allocating patients to geriatric medicine wards in a tertiary university hospital in England: A service evaluation of the Specialist Advice for the Frail Elderly \(SAFE\) team](#). Aging Med (Milton). 2018 Jul 10;1(2):120-124.

11. Hartley P, Keevil VL, Westgate K, White T, Brage S, **Romero-Ortuno R**, Deaton C. [Using Accelerometers to Measure Physical Activity in Older Patients Admitted to Hospital](#). *Curr Gerontol Geriatr Res*. 2018 Oct 18;2018:3280240.
12. Hartley P, Adamson J, Cunningham C, Embleton G, **Romero-Ortuno R**. [Clinical frailty and functional trajectories in hospitalized older adults: A retrospective observational study](#). *Geriatr Gerontol Int*. 2017 Jul;17(7):1063-1068.
13. **Romero-Ortuno R**, Forsyth DR, Wilson KJ, Cameron E, Wallis S, Biram R, Keevil V. [The Association of Geriatric Syndromes with Hospital Outcomes](#). *J Hosp Med*. 2017 Feb;12(2):83-89.
14. Hartley P, Gibbins N, Saunders A, Alexander K, Conroy E, Dixon R, Lang J, Lockett J, Luddington T, **Romero-Ortuno R**. [The association between cognitive impairment and functional outcome in hospitalised older patients: a systematic review and meta-analysis](#). *Age Ageing*. 2017 Jul 1;46(4):559-567.
15. Hartley P, Alexander K, Adamson J, Cunningham C, Embleton G, **Romero-Ortuno R**. [Association of cognition with functional trajectories in patients admitted to geriatric wards: A retrospective observational study](#). *Geriatr Gerontol Int*. 2017 Oct;17(10):1438-1443.
16. Hartley PJ, Keevil VL, Alushi L, Charles RL, Conroy EB, Costello PM, Dixon B, Dolinska-Grzybek AM, Vajda D, **Romero-Ortuno R**. [Earlier Physical Therapy Input Is Associated With a Reduced Length of Hospital Stay and Reduced Care Needs on Discharge in Frail Older Inpatients: An Observational Study](#). *J Geriatr Phys Ther*. 2019 Apr/Jun;42(2):E7-E14.
17. Hawker M, **Romero-Ortuno R**. [Social Determinants of Discharge Outcomes in Older People Admitted to a Geriatric Medicine Ward](#). *J Frailty Aging*. 2016;5(2):118-20.
18. Hartley P, Adamson J, Cunningham C, Embleton G, **Romero-Ortuno R**. [Higher Physiotherapy Frequency Is Associated with Shorter Length of Stay and Greater Functional Recovery in Hospitalized Frail Older Adults: A Retrospective Observational Study](#). *J Frailty Aging*. 2016;5(2):121-5.
19. **Romero-Ortuno R**, Wallis S, Biram R, Keevil V. [Clinical frailty adds to acute illness severity in predicting mortality in hospitalized older adults: An observational study](#). *Eur J Intern Med*. 2016 Nov;35:24-34.
20. Wallis SJ, Wall J, Biram RW, **Romero-Ortuno R**. [Association of the clinical frailty scale with hospital outcomes](#). *QJM*. 2015 Dec;108(12):943-9.
21. Kennelly SP, Drumm B, Coughlan T, Collins R, O'Neill D, **Romero-Ortuno R**. [Characteristics and outcomes of older persons attending the emergency department: a retrospective cohort study](#). *QJM*. 2014 Dec;107(12):977-87.
22. **Romero-Ortuno R**, O'Dwyer C, Byrne D, O'Riordan D, Silke B. [A Risk Index for Geriatric Acute Medical Admissions \(RIGAMA\)](#). *Acute Med*. 2014;13(1):6-11.

23. **Romero-Ortuno R**, O'Shea D, Silke B. [Predicting the in-patient outcomes of acute medical admissions from the nursing home: the experience of St James's Hospital, Dublin, 2002-2010](#). *Geriatr Gerontol Int*. 2012 Oct;12(4):703-13.
24. **Romero-Ortuno R**, O'Riordan D, Silke B. [Profiling the medical admissions of the homeless](#). *Acute Med*. 2012;11(4):197-204.
25. **Romero-Ortuno R**, Walsh CD, Lawlor BA, Kenny RA. [A frailty instrument for primary care: findings from the Survey of Health, Ageing and Retirement in Europe \(SHARE\)](#). *BMC Geriatr*. 2010 Aug 24;10:57.

Most relevant Research Grants

Date Contract Signed	07/08/2019
Contract Start Date	01/12/2019
Contract End Date	30/11/2024
Years Covered by the Grant	5
Funding Body	Science Foundation Ireland
Funding Call	SFI Future Research Leaders 2018
Title of Grant	FRAILMatics: Mathematical research and big data analytics towards the development of the next generation of transdisciplinary diagnostics for the assessment of physiological vulnerability in older adults: challenge-based disruptive technology initiative   FRAILMatics <small>Fondúireacht Eolaíochta Éireann ÚD Inéaltáireacht Science Foundation Ireland For what's next</small>
Amount Allocated	€1,525,970
Role	Lead PI

Contract Start Date	18/03/2021
Contract End Date	17/03/2024
Years Covered by the Grant	3
Funding Body	Teagasc – the Agriculture and Food Development Authority
Funding Call	Research Leaders 2025
Title of Grant	Nutri-Age: Novel dietary components in healthy ageing (RL2025 fellow: Dr Caoileann Murphy)  Teagasc <small>AGRICULTURE AND FOOD DEVELOPMENT AUTHORITY</small>
Amount Allocated to Consortium	€155,151
Role in Obtaining the Grant	Supervisor

Award ID	GBHI ALZ UK-22-863002
Contract Start Date	01/01/2022
Contract End Date	12/01/2023
Years Covered by the Grant	1
Funding Body	Global Brain Health Institute (GBHI), Alzheimer's Society
Funding Call	Pilot Awards For Global Brain Health Leaders
Title of Grant	Understanding and Improving Dementia Care Via Clinical-Creative Partnership (Fellow: Ms Grainne Hope)
Role in Obtaining the Grant	Mentor
Amount Allocated	€21,960

Award ID	GBHI ALZ UK-21-724224
Contract Start Date	01/05/2021
Contract End Date	30/04/2023
Years Covered by the Grant	2
Funding Body	Global Brain Health Institute (GBHI), Alzheimer's Society
Funding Call	Pilot Awards For Global Brain Health Leaders
Title of Grant	DEMGAL: an online tool for non-pharmacological prescription in Galicia (Fellow: Dr Clara Dominguez-Vivero)
Role in Obtaining the Grant	Mentor
Amount Allocated	€21,915

Award ID	GBHI ALZ UK-21-718507
Contract Start Date	01/03/2021
Contract End Date	31/02/2022
Years Covered by the Grant	1
Funding Body	Global Brain Health Institute (GBHI), Alzheimer's Society
Funding Call	Pilot Awards For Global Brain Health Leaders
Title of Grant	Carer Portal: "Portal del cuidador" (Fellow: Dr Silvia Rodrigo-Herrero)
Role in Obtaining the Grant	Mentor
Amount Allocated	€22,045

Date Contract Signed	02/10/2017
Contract Start Date	02/10/2017
Contract End Date	02/10/2020
Years Covered by the Grant	3
Funding Body	Dunhill Medical Trust
Funding Call	Dunhill Medical Trust Research Training Fellowship
Title of Grant	Improving frail older patients' muscle strength after a period in hospital (Trainee: Peter Hartley)
Role in Obtaining the Grant	Supervisor
Amount Allocated	€180,000.00

Contract Start Date	01/01/2019
Contract End Date	01/04/2020
Years Covered by the Grant	1
Funding Body	Canadian Frailty Network
Funding Call	2018 Catalyst Grant Competition
Title of Grant	The Breaking “Bad Rest” Study: Interrupting sedentary time to reverse frailty levels in acute care
Amount Allocated to Consortium	€67,000
Role in Obtaining the Grant	Co-investigator
Amount Allocated to the Candidate	€67,000

Date Contract Signed	01/01/2018
Contract Start Date	01/01/2018
Contract End Date	02/10/2018
Years Covered by the Grant	1
Funding Body	National Institute for Health Research (NIHR) Cambridge Biomedical Research Centre (BRC)
Funding Call	National Institute for Health Research (NIHR)
Title of Grant	Deep learning from electronic hospital records (EPIC)
Amount Allocated to Consortium	€220,000
Role in Obtaining the Grant	Co-PI

Date Contract Signed	03/01/2016
Contract Start Date	03/01/2016
Contract End Date	31/12/2018
Years Covered by the Grant	2
Funding Body	NIHR Collaboration for Leadership in Applied Health Research & Care (CLAHRC) – East of England
Funding Call	NIHR Collaboration for Leadership in Applied Health Research & Care (CLAHRC) – East of England
Title of Grant	Frailty Trajectories: understanding tipping points across care settings
Amount Allocated to Consortium	€445,000
Role in Obtaining the Grant	Co-investigator

Key Research Metrics

As of 9th December 2023, my personal metrics are:

- **Google Scholar:** 340 documents; 6930 citations; **h-index 41**
<https://scholar.google.com/citations?user=Ut4IdWYAAAAJ&hl=en>
- **Scopus:** 180 documents; 4415 citations; **h-index 33**
<https://www.scopus.com/authid/detail.uri?authorId=6506965877>
- **Web of Science:** 184 documents, 3757 citations, **h-index 31**
<https://publons.com/researcher/3685480/roman-romero-ortuno/>

According to Expertscape (<http://expertscape.com> as of 9th December 2023) I rank within the

- top 50 experts in Frail Elderly [worldwide](#),
- top 10 in the [United Kingdom](#),
- and I am the top-ranking author in [Ireland](#)

Formal Educational Roles in Trinity College Dublin

Details	Capacity	Date From	Date To
Head of the Discipline of Medical Gerontology , School of Medicine	Head of Discipline	2022	2025
Associate Director of Postgraduate Teaching and Learning, School of Medicine	Director of M.D. studies	2020	2024
Co-lead, Health and Healthcare Cluster of Postgraduate Taught programmes, School of Medicine	Cluster Co-Lead, Health and Healthcare	2021	ongoing
Postgraduate taught (PGT) Course Directors group, School of Medicine	Member	2019	ongoing
Postgraduate Teaching and Learning Committee, School of Medicine	Member	2019	ongoing
Research Committee, School of Medicine	Member	2021	ongoing
Co-developer and coordinator	Trinity Undergraduate Programme on Ageing	2020	ongoing
Global Brain Health Institute, Learning Experience Committee	Lead for Clinical & Lived Experience	2019	ongoing

Other educational activities

My discipline and subjects

In Trinity College Dublin, I teach **Medical Gerontology** with the overall mission to help face the current and future challenges of ageing by supporting education on ageing, geriatrics and gerontology, both at **undergraduate** and **postgraduate** levels. The Discipline also has outreach educational initiatives to enhance societal awareness and attitudes towards ageing.

As Faculty member of Trinity's [Global Brain Health Institute](#) (GBHI) I provide mentorship to the Atlantic Fellows for Equity in Brain Health, developing and delivering innovative training in brain health, leadership and dementia prevention to a very diverse group of postgraduates from various countries and professions, including medicine, science, business, law, journalism, social science, and the arts.

Course development

- In Trinity, I have developed and launched the [Postgraduate Certificate \(P.G.Cert\) in Advanced Ageing and Frailty Studies](#), which is a 30 ECTS course directed towards a wide range of healthcare professionals, including medicine, nursing and allied health disciplines, who wish to improve their knowledge and inform their clinical practice in the area of frailty.
- I have developed and launched the [Stand-alone module on Assessment and Management of Frailty in Ageing Adults](#) (5 ECTS), which runs in partnership with [EIT Ageing Health PhD School](#) and attracts internal Trinity M.D. and Ph.D. students taking the module as part of their structured research degrees.
- At the undergraduate level, I have contributed to the development and delivery of the first [Trinity Elective Programme on Ageing: "How to live long and prosper – A lifespan approach"](#). This undergraduate module has a unique interdisciplinary focus and offers Medical Gerontology teaching to all undergraduates in Trinity.
- In Cambridge, UK, I founded and directed the 2017 and 2018 editions of "**The Cambridge Essential Skills Course on Caring for Older Adults in the Acute Hospital (COACH)**" (Twitter handle: [#COACH_CUH](#)).

Professional development in teaching

I have completed the following teaching courses:

- **How to conduct a trainee appraisal** (Royal College of Physicians of London, April 2007).
- **Effective Teaching Skills** (St Catherine's College, Oxford, January 2007).

In 2018, I undertook modules of the Cambridge Integrated Foundation in Medical Education (iFME) Course, which is accredited by the UK Higher Education Authority (HEA).

Research student supervision

Number of completed students:

- 8 PhD
- 3 MD
- 4 MSc